

ED77  
VT Department of Education  
Child Nutrition Programs  
120 State Street  
Montpelier, VT 05620-2501

## FIRST CLASS

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## *CACFP & SFSP 11th Annual Conference*

# *Feeding Young Children~ Off to a Good Start*

A Conference for  
CACFP Directors and Coordinators in  
Child and Adult Day Care Programs  
&  
SFSP Sponsors, Food Service Staff,  
and Site Supervisors  
&  
After School Snack Program  
Sponsors

**Monday  
May 18, 2009**

**Capitol Plaza  
Montpelier, Vermont**



## About the Conference

We are excited about the different format for our 11th annual CACFP/SFSP Conference! To allow for some in-depth understanding of a topic, there will be two of all-day programs. Participants who select one of these programs are expected to attend all sessions. A third option will consist of the more traditional 1 1/2 hour workshops on different topics.

The first day-long workshop, **Feeding Young Children in Group Settings**, will be conducted by Janice Fletcher.

The second day-long workshop, **Basic Training for the Simplified Summer Food Service Program**, will be conducted by Helen Ballard, VT Department of Education

The track of three 1 1/2 hour workshops are designed to meet the needs of other attendees.

**Registration deadline is May 11**

### EDUCATION CREDITS

**CACFP (Child & Adult Care Food Program).** Attending the entire conference fulfills the annual training requirement for CACFP.

**SFSP (Summer Food Service Program).** Conference participation will fulfill the annual training requirement for experienced sponsors.

**SNA -VT** 5 Continuing Education Credits will be awarded.

**Certificates will be available at the end of the day.**

## CONFERENCE REGISTRATION

Name:

Center/School/  
Organization:

Mailing Address:

Phone:

Email:

**PLEASE!** Make sure your Program or Workshop choice for is applicable to your position. See individual workshop descriptions for this information.

### Day-long Programs (Choose only one)

☐ Feeding Young Children in Group Settings

☐ Basic Training for the Simplified Summer Food Service Program

### Single Workshops (Do not sign up for any of these workshops if you signed up for one of the day-long Programs.)

☐ What Keeps You Going? (9:15-10:45)

☐ Build a Better Breakfast! (11:00-12:30)

☐ Don't Forget the Fun! Improving Your Summer Food Program with Activities and Enrichment (1:30-3:00)

\* Date Confirmed:

Confirmation of Registration

## Return Your Conference Registration and Payment To:

**Cheryl Barrows, Administrative Assistant  
Vermont Department of Education  
120 State Street  
Montpelier, VT 05620-2501**

- ◆ Only one registrant per form, please.
- ◆ Make copies of the form as needed.
- ◆ You may send all registrations for staff in one mailing.
- ◆ You may also send one check to cover all registrants.
- ◆ You will receive a copy of your form back in the mail as your confirmation that you are registered to attend.

**We must receive your registration and payment  
by May 11, 2009**

### **QUESTIONS?**

**Please call Cheryl at (802) 828-2447.**

### **DIRECTIONS TO THE CAPITOL PLAZA**

The Capitol Plaza is located at 100 State St. in Montpelier. Take Exit 8 off I89. Merge onto Memorial Drive. At second stop light take a left onto Bailey Avenue. At next light, take a right onto State Street. Go past the State House (it will be on your left) and about 1/2 block after you pass the State House, the Capitol Plaza is on the right. Park out back. Parking permits will be available at the registration table.

## *Schedule of Events*

<b>8:45 - 9:00</b>	<b>Conference Registration</b>
<b>9:00 - 9:15</b>	<b>Welcome</b> Laurie Colgan & Helen Ballard Armando Vilaseca, Education Commissioner (Invited)
<b>9:15 - 10:45</b>	<b>Programs &amp; Single Workshop</b> <ul style="list-style-type: none"><li>• Feeding Young Children in Group Settings (P)</li><li>• Summer Food (P)</li><li>• What Keeps You Going? (W)</li></ul>
<b>10:45 - 11:00</b>	<b>Break</b>
<b>11:00 - 12:30</b>	<b>Programs and Workshop</b> <ul style="list-style-type: none"><li>• Continuation of Feeding Young Children in Group Settings (P)</li><li>• Continuation of Summer Food (P)</li><li>• Build a Better Breakfast! (W)</li></ul>
<b>12:30 - 1:30</b>	<b>Buffet Lunch</b>
<b>1:30 - 3:00</b>	<b>Programs and Workshop</b> <ul style="list-style-type: none"><li>• Continuation of Feeding Young Children in Group Settings (P)</li><li>• Continuation of Summer Food (P)</li><li>• Don't Forget the Fun! Activities and Enrichment for Summer Food Programs (W)</li></ul>
<b>3:00 - 3:15</b>	<b>Door Prizes and Closure</b>

## Day-long Programs

### Feeding Young Children in Group Settings

Janice Fletcher, Ed.D

This workshop is an exciting opportunity for Child Care Center Directors and Staff!

Janice Fletcher is a Professor in Child, Family, and Consumer Studies at the University of Idaho and a national expert on ways to promote healthy eating and good nutrition for young children. She collaborated with Laurel Branen, a Professor of Foods and Nutrition and Family and Consumer Sciences at the University of Idaho, to develop the *Building Mealtime Environments and Relationships Inventory (BMER)*. The BMER is designed to examine group care and education settings including child care centers, pre-schools, and Head Start family meals and focuses on three broad areas: Mealtime Setting, Children's Development, and Guiding Individuals and Groups at Mealtime.

Participants will work with Janice to examine mealtime practices and environments that support and encourage best practices for serving foods to groups of children 24 months through 5 years of age.

Limit: None

Appropriate for: Child Care Centers

Participation in this workshop is required for CACFP participants in the Culinary Certificate Program.

## Registration Information

### FEE

The registration fee of \$25.00 per person includes a luncheon, as well as a continental breakfast and all workshop materials.

### POLICIES

Please be aware that **we are unable to accept purchase orders**. We ask that you register early so you can send the check to us. Also, we are not able to issue refunds to those who register and do not attend.

### ACCOMMODATIONS

Overnight accommodations at the Capitol Plaza are available at \$93.00 per night for a single and \$103.00 for a double (not including tax) This rate is for the room only and does not include meals. Lodging arrangements must be made by you directly with the Capitol Plaza. Be sure to mention that you are attending our conference on May 18. Their phone number for reservations is (802) 223-5252.

### REGISTRATION DEADLINE

Please complete and mail the enclosed registration form along with your payment made payable to **Treasurer, State of Vermont**. Be sure to indicate All-Day Program choice OR workshop choices.

**The deadline for us to RECEIVE registration forms is no later than Monday, May 11.**

**SARA KUNZ** Sarah Kunz joined the Vermont Campaign to End Childhood Hunger as a Nutrition Outreach and Policy Specialist in 2006. She loves working with communities to feed kids, and working to improve federal nutrition programs. Previously, Sarah has worked in the non-profit sector on anti-violence campaigns, low-income youth engagement programs and international education programs.

**LEARNING PARTNERS, Inc** was created by Deborah Curtis and Kathy (Chuck) Bayles to dedicate work toward making lives better for children. Deborah and Chuck possess over 20 years of experience in the early childhood field and are well versed in child development, children's behavior, communication, collaboration, professionalism and leadership. Using the knowledge gained from experience, they are able to bring a broad array of information to child care providers and to parents and the agencies that support them. Both hold Masters Degrees. In addition to their work in Learning Partners, they are Master instructors in the Vermont Northern Lights Instructor Registry and have presented Northern Lights content for Levels I, II, and III.

**MICHELE WHEELER** was a CACFP director for Child Care Resource and CVOEO Head Start for over 16 years. She planned menus for 16 preschool sites and conducted trainings for teachers, cooks, and child care providers. She currently reviews CACFP programs for the Department of Education's Child Nutrition Program, runs her own consulting business, "CACFP Solutions", and owns Care Electrolysis.



## Basic Training for the Simplified Summer Food Service Program

**Helen Ballard**

All Summer Food Service Program sponsors are required to participate in training each year. This session is specifically designed to meet the needs of new SFSP sponsors and new SFSP administrators to help them navigate through the federal regulations that govern this program. Topics to be covered include:

### Sponsor Responsibilities

- Sponsor types and requirements
- Site eligibility and documentation
- Staff training requirements
- Monitoring requirements
- Meal service options and requirements
- Meal pattern and meal record requirements
- Site operations
- Satellite operations
- Site supervisor requirements
- Civil rights
- Financial management and recordkeeping requirements
- The reimbursement process

### Overview of On Line System

- Completing the on line application
- Filing a Claim for Reimbursement

Limit: None

Appropriate for: New SFSP Sponsors and New Administrators of the Summer Food Service Program

## Short Workshops

*9:15-10:45 a.m.*

### What Keeps You Going?

**Learning Partners, Inc., (Deborah Curtis & Kathy (Chuck) Bayles)**

Many people work in the field of human services with young children and their families because of their nurturing and caring qualities. However, the realities of such work involve stressful situations. Participants will identify the joys and challenges of their jobs, distinguish between stressors and stress, review the stress cycle, and recognize and empower their coping side.

Limit: None

Appropriate for: Child Care Centers, After School Programs, SFSP Sponsors

*11 a.m. - 12:30 p.m.*

### Build a Better Breakfast!

**Michele Wheeler**

Is breakfast really the most important meal of the day? Come to this workshop to find out more about why this meal is so important at any age and how to make it as nutritious and appealing as possible. Participants will evaluate and discuss some creative menus and also sample some innovative, simple, and nutritious breakfast ideas appropriate for those we feed in both child and adult care centers.

Limit: None

Appropriate for: Child and Adult Care Centers

*1:30-3:00 p.m.*

### Don't Forget the Fun! Improving Your Summer Food Program with Activities and Enrichment

**Sarah Kunz**

Join us for a productive session on incorporating low-cost programming and activities into your summer food program. We will brainstorm ideas for site based activities on a shoestring, strategies to fundraise for programming, and making the most of programming options in your own community.

Limit: 25

Appropriate for: Anyone feeding children in summer

## Presenters

**HELEN BALLARD, M.S., CFCS** is Special Programs Coordinator for Child Nutrition Programs in the Vermont Department of Education. She has a BS and MS in Home Economics. Helen is responsible for the Summer Food Service Program, and shares in responsibility for school programs. Before joining the CNP staff sixteen years ago, Helen was a teacher and also served for two years as food service manager for Cabot School.

**JANICE FLETCHER, Ed.D** is a professor of child development at the University of Idaho where she directs the Child Development Laboratory. Over her career, Dr. Fletcher's research has focused on mealtimes and children's eating skills. She has won major University of Idaho teaching awards, serves on boards for Head Start and Early Start, and is president of the Idaho Association for the Education of Young Children. She is a frequent presenter around the nation on feeding young children in group settings.